



# From Field to Fork

## CSA Member Newsletter

### November 18 & 19, 2014: Week 3 Late Season

#### This week's box:

- Acorn squash
- Arugula
- Beets
- Carrots
- Kale
- Onions
- Potatoes

#### Large box also includes:

- Buttercup squash
- Extra acorn squash and onion
- Romanesco

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#### Food and Flavor Pairings for Buttercup Squash

- Leeks, caramelized onion
- Kale, spinach
- Apples
- Maple syrup, honey, brown sugar
- Curry, cinnamon, nutmeg, sage, rosemary
- Sausage, pork, pancetta
- Brandy
- Balsamic vinegar
- Pecans, cranberries



Buttercup squash, *cucurbita maxima*

#### Arugula *Eruca sativa*

Also known as "salad rocket," "roquette," or "rucola," arugula belongs to the Brassicaceae family. Its relatives are broccoli, watercress, cabbage, and radish. It is rich in vitamin C and potassium. The leaves, the flowers, young seed pods, and mature seeds are all edible. Cultivated as an edible herb in the Mediterranean area since Roman times, salad rocket was thought to be an aphrodisiac. In West Asia and Northern India, arugula seeds are pressed to make taramira oil.



#### Eggs Available Year-round!

We are pleased to offer our eggs year-round with pick up locations at the Vertical World Climbing Gym, in Ballard, Valve, and at the farm. We hope to add a few more pick up locations as well. Log in to your Farnigo account to place your order. Email Petrina for more information. [petrina@skylightfarms.com](mailto:petrina@skylightfarms.com)

#### Honey For Sale

8 oz. jars of raw honey made by Skylight Farms' bees can be ordered through our webstore and will be delivered with your next box.

#### No Delivery During Thanksgiving Week

We won't be making deliveries during the week of Thanksgiving. We hope you stay warm and have a wonderful holiday!

### Roasted Cauliflower, Butternut Squash, & Kale Spaghetti with Pancetta

1/2 lb whole wheat pasta  
1 cauliflower or romanesco (small, divided into florets)  
1 butternut squash (peeled, cored, and chopped)  
1/2 cup pancetta (cubed)  
1/2 onion (small, minced)  
2 garlic cloves (minced)  
1 bunch kale (roughly chopped)  
1/4 cup chicken stock  
Olive oil  
Salt & pepper

1. Preheat oven to 400 degrees.
2. Add pasta to salted boiling water and cook until "al dente". Drain and toss w/olive oil.
3. While pasta cooks, toss cauliflower and squash with olive oil, salt and pepper on baking sheet and bake 20-25 min.
4. In a large skillet, cook pancetta over medium heat until browned. Remove and drain on paper towels.
5. Add onions to skillet and cook until tender, about 5 min. Add garlic and cook for 30 sec. Add kale, toss, add stock. Cover.
6. Toss pasta with vegetables, season with salt and pepper.
7. Top with reserved pancetta.

### Roasted Winter Squash with Black Rice

1 1/2 cups black rice (wild or forbidden)  
2 Tbsp butter or oil  
2 shallots, peeled and diced  
1 cup pecan pieces  
Zest of 1 orange  
2 Tbsp fresh thyme leaves  
2 Tbsp vegetable oil  
1 acorn or butternut squash, peeled seeded and diced  
Salt and Pepper

1. Set a medium sauce pot over medium heat. Add the butter and shallot and sauté for 2 minutes. Then add the rice and toss to coat in butter. Add the appropriate amount of water as directed on the rice package (from 3-4 cups depending on the variety of rice.) Add 1 1/2 tsp salt, cover, and bring to a boil.
2. Once boiling, stir, lower the heat to medium-low, cover, and simmer until cooked through--follow time directed on rice package.
3. Meanwhile, preheat the oven to 450 degrees F. Toss the peeled and diced squash in oil and spread over a baking sheet. Roast in the oven for 15 minutes. Turn and spread the squash again and roast another 10 minutes. In the last 2-3 minutes sprinkle the pecans over the squash so the pieces can toast.
4. Once the rice and roasted squash are ready, toss together with orange zest and thyme. Season with salt and pepper to taste. Serve warm or room temperature.

### Tips and Tricks for Preparing Your Veggies

#### Butternut squash

- The flavor of the butternut squash's flesh is sweet and nutty, with a creamy consistency more in line with that of a baked sweet potato than a pumpkin, which tends to be more fibrous and watery by comparison.
- The flesh can tend toward dryness, a flaw that is easily compensated for by cooking method. Steaming and baking are preferred methods of preparation, as both will bring out the sweetness of and add moistness to the flesh.
- If baking, place the squash cut-side down in a baking dish with about 1/2 cup of water to prevent it from drying out.
- Use it in place of pumpkin to make pies or other baked goods.

#### Storing winter squash

- Not going to eat it right away? Store it in a cool, dry, dark place (such as a garage) for a month or more. The ideal temperature is 50-55 degrees.
- Only store cooked or cut squash in the fridge. Uncut, it will last in the fridge for about two weeks.

#### Onions

- Store onions in paper bags, baskets, or boxes, in a well-ventilated, cool, dry area. Wrapping in plastic or using plastic bags will shorten their shelf life.
- Do not store onions with potatoes or other moisture-releasing produce.
- The odors from cut onions can be absorbed by apples and pears.
- Onions can be frozen for later use. Puree the onion and pour into ice cube trays. Cover the trays with plastic wrap and freeze. Or, wash and chop the onions and seal in an air-tight container or plastic bag.

#### Kale

- Blanching the leaves for a minute or two removes bitterness.
- Kale's hardy leaves hold up well for a day or two after it's been cooked or tossed in a salad.
- Make a simple salad with a bunch of thinly sliced kale, red pepper, onion, dried fruit, and your favorite salad dressing.
- Try chopping it up and adding it to fruit smoothies.
- Make it a topping for pizza.
- Add it to potato salad or scrambled eggs.